

PLAN to be PREPARED

New York State
EMERGENCY TIPS



**AWARE
PREPARE**

KNOWLEDGE IS POWER.

Governor George E. Pataki



My fellow New Yorkers:

Protecting the public health and safety of its citizens – at home and work – is the No. 1 priority of New York State. I am proud to say that no state has done more to protect its citizens. But we must do more.

Whether it's an act of terrorism, a widespread power outage, severe weather, a health threat or any other emergency, it pays to be prepared.

The ability to respond quickly and effectively is crucial to keeping New Yorkers safe. Since 1995, New York State agencies have responded in that manner to more than two dozen federally-declared disasters and scores of localized emergencies. Their effectiveness is in no small part due to the years of planning, training and exercises conducted by first responders, law enforcement and emergency management professionals across the Empire State.

Every community's level of preparedness, however, begins with you, the individual.

You are the eyes and ears of law enforcement officials in our war against terrorism. If you see something suspicious, contact your local law enforcement or call the New York State Terrorism Tips Hotline (1-866-SAFE-NYS).

You should also make sure that you have an emergency plan and the proper emergency supplies in your home, and at work.

In these challenging times, being prepared is more than just a one-day effort. We must continually be aware of events and know what to do during times of emergency. The information in this brochure can get you started.

A handwritten signature in black ink that reads "George E. Pataki". The signature is stylized, with a large, flowing "G" and "P".

George E. Pataki
Governor

Prepare

An emergency – be it a natural disaster such as a flood or winter storm, a power outage or a terrorist act -- can occur quickly and without warning.

Two actions that you can take to become better prepared to protect yourself and your family are to develop an emergency plan and prepare a portable cache of emergency supplies that can be used at home or at work.

Emergencies may strike when you and your family members are away from home, so learn about plans at your workplace, or anywhere else you and your family spend time.

Contact your utility company if anyone in your household uses life-sustaining equipment such as a kidney dialysis machine or respirator. Your utility can advise you on how to prepare for power outages.

Be Aware

Pay attention to the news. Know your local radio and television stations that can provide you with up-to-date official information during an emergency. Make sure you know which of your stations are part of the Emergency Alert System (EAS), which are primary outlets for official information on protective actions.

Be aware of your surroundings with regard to terrorism. If you see something unusual or suspicious, please contact:



Develop an Emergency Plan

Steps to take to create a household emergency plan include the following:

- Meet with your family members and discuss the dangers of possible emergency events including fire, severe weather, hazardous spills, and terrorism.
- Discuss how you and your family will respond to each possible emergency. Know how to contact all family members at all times. Think 24/7 and 365.
- Draw a floor plan of your home. If possible, mark two escape routes from each room.
- Select two places to meet: a spot outside your home for an emergency such as fire, and a place away from your neighborhood in case you cannot return home (a real possibility during the day when most adults are at work and children are at school).
- Identify an out-of-town friend or relative as your “emergency family check-in contact” for everyone to call if the family gets separated. Make sure all family members have the correct phone number. It is often easier to call out-of-town during an emergency than within the affected area.
- Post emergency contact numbers near all telephones. Include local police, fire and health departments, poison control, your children’s schools, doctors, child/senior care providers and insurance agents.
- Have your family learn basic safety and first aid measures.
- Keep family records in a waterproof and fireproof safe.
- Have emergency supplies on hand.
- Teach adults how to turn off the water, gas and electricity at main switches. If for any reason you do turn off natural gas service to your home, call your natural gas utility to restore service. **DO NOT** attempt to restore gas service yourself.
- Make arrangements for your pets. Most shelters do not allow pets. Prior to an emergency, contact your county or local emergency management office and ask them where you could leave your pet. Have ID, collar, leash and proof of vaccination for all pets. Have current photos of your pets in case they get lost.

Emergency Supplies

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. Be prepared to make it on your own for at least three days, maybe longer. Use the checklist below to help you prepare for what you and your family will need. Consider two kits. In one put everything you will need to stay where you are. The other should be a lightweight, smaller version you can take with you if you have to evacuate.

Food and Water

- Bottled water – one gallon per person per day.
- Ready-to-eat canned foods – vegetables, fruits, beans, meat, fish, poultry, pasta, soup, juice.
- Milk – powdered, canned or shelf-stable brick pack.
- High energy foods – peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix.
- Staples – sugar, salt, pepper, instant coffee, tea bags, cocoa.
- Instant and small children's needs – baby food, formula, disposable diapers.
- Specialty food – for elderly or people on special diets.
- Pet food (if needed).

Health and Hygiene Supplies

- Prescription medication – at least one week's supply.
- First aid kit.
- Premoistened hand wipes – premoistened towlettes or baby wipes.
- Disinfectant no-rinse hand soap.
- Toiletries.
- A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.

Personal Supplies

- A change of clothing, rain gear and sturdy shoes for each family member.
- Sleeping bags, bedding or blankets for each family member.
- An extra pair of glasses or contact lenses and solution (be sure to check the expiration dates).
- Identification, credit cards/traveler's checks/cash, and photocopies of important family documents including home insurance information.

Household Supplies and Equipment

- One gallon liquid chlorine bleach.
- Battery-powered radio or TV.
- Flashlights.
- Extra fresh batteries for radio, TV and flashlights.
- Manual can opener.
- Plastic bags – zip sealing, garbage.
- Fire extinguisher (small canister A-B-C type).
- Food thermometer – able to measure temperature from 0 to 220 degrees Fahrenheit.

Tools

Rope (*for rescue, tow, tying down property*)

Shovel

Hammer and nails

Utility knife

Work gloves

Duct Tape

Electrical tape

Clean-up supplies

Broom

Buckets

Dust masks

Disinfecting spray

Mop

Paper towels

Rags (to clean with)

Rubber gloves

Scrub brush

Sponges

Trash bags

For More Information

New York State Office of Homeland Security: www.security.state.ny.us

New York State Emergency Management Office: www.nysemo.state.ny.us

New York State Department of Health: www.nyhealth.gov

New York State Police: www.troopers.state.ny.us

New York State Thruway Authority: www.thruway.state.ny.us

New York State Department of Transportation: www.dot.state.ny.us

American Red Cross: www.redcross.org

